

Hilton Head Health *Healthy Transitions: Overcoming Emotional Eating* Sample Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 AM		Sunrise Beach Walk Blood Screenings			Sunrise Beach Walk	Sunrise Beach Walk	Sunrise Beach Walk	
7:30 AM – 9 AM	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	
8:30 AM		Mini – Orientation Shoe Seminar Core Strength Hydro Circuit	Treading Cardio-Boxing Yoga in a Chair Aqua Resistance	Treading Medicine Ball ULTRA Circuit Nautical Noodle	Treading Belly Dancing Machine Pump Hydro Circuit	Treading Roll it Out Step Aerobics Water Fitness	Yoga Gentle Pilates Step Aerobics	9 AM Breakfast/ Thermal Walk
9:30 AM		Planning Your H3 Fitness Treading	FitBall Aerobics Water Walk/Jog Treading	Treading Intermediate Pilates Water Fitness	Treading Hip Hop Dance Aqua Resistance	Treading Tai Chi Water Walk/Jog	Treading Body Sculpting Water Resistance	10 AM Fitness Yoga for Abs/Lower Back
10:30 AM	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	10 AM Check Out
11 AM		Nutrition for Health Stress Eating	Exercise Prescription Understanding Diabetes	Building a Better Body It’s All About Me!	Opening Session	Food For Thought: Examining Your Relationship with Food	Making the Transition	11 AM Fitness Treading
12 PM	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Mindful Eating Lunch	Lunch/ Thermal Walk	Lunch/ Thermal Walk
1 PM		Intro to Fitness Equipment	Break	Break	Understanding Your Emotions	Healthy Alternatives	Regaining Control	Body Sculpting
2 PM		Planning Healthy Meals Craving Control	Goal Setting Cooking Demo	Portion Control Flexibility & Balance	The Emotion Continuum	Healthy Transitions: SMART CART	Strategies for Success	
3:30 PM	Welcome Reception	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal
4 PM	Registration/ Check-in	Intro To Yoga Beginner Step Aerobics	Body Sculpting Outdoor Circuit	Zumba – Latin Dance Restorative Yoga	Yoga Power Flow Low Impact Aerobics	Putting it All Together FitBall Strength Roll It Out		
5 PM	Orientation	Shoe Pick – up Resistance Band Training	Yoga Low Body Conditioning	Butts & Guts Gentle Fitness	Resistance Band Training Body Sculpting	Machine Pump ULTRA Circuit		
6 PM	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Mindful Eating Dinner	Gourmet Dinner	Dinner/ Thermal Walk	Dinner/ Thermal Walk
7 PM		Stretch & Relaxation	Stretch & Relaxation	Game Night or Stretch & Relaxation	Stretch & Relaxation			

Hilton Head Health *Healthy Transitions: Overcoming Emotional Eating* Session Descriptions

Opening Session

Through engaging partner exercises and activities, you will get to know everyone in the group and understand that you're not alone.

Understanding *Your* Emotions

Build on your understanding of emotional eating as you discuss specific conditions of emotion (stress, depression, anxiety, etc.) and how they can hinder the development of healthy eating patterns.

The Emotion Continuum

Learn more about depression and anxiety in relation to your stress and trigger foods.

Food for Thought: Examining *Your* Relationship with Food

Throughout life, we experience different physiological, psychological and behavioral relationships with food. Learn what your trigger foods mean to you. Share your experiences and discover how they affect your current relationship with food.

Mindful Eating

Use this meal time to practice the techniques discussed for healthy eating behaviors.

Healthy Alternatives

Through group discussion and journaling exercises, discover alternatives that will help you develop healthy eating patterns.

Healthy Transitions Smart Cart

Join Johanna Smith-Ellis at the grocery store and learn tips that will help you move through the aisles with a level-head. Practice techniques to help control impulsive choices that lead to negative eating behaviors.

Making the Transition

What do you hope to gain from developing healthy eating patterns? How will you

measure your success? Goal setting and tracking your progress are key components to defining your success. Learn how to develop a flexible structure in your life to help adapt to your varying moods.

Regaining Control

In this interactive session, expect to be surprised. Take back your control over the foods you fear and crave....

Strategies for Success

To achieve any goal, it is essential to *have a plan* and know *how to work your plan*. Learn how to use your strengths to overcome sabotaging situations and obstacles.



Hilton Head Health

WWW.HHHEALTH.COM